

comments

notes

Bring pastry sheets from freezer, to thaw.
Freeze half for later use if you wish.
If you freeze, don't cook on the foil after thawing; it will get a soggy bottom.

complete recipe

Make Topping

Cook in heavy skillet over moderate heat, the mushrooms, shallots, and chopped garlic, in the 3 T of unsalted butter.

Salt and pepper to taste.

Stir and cook until mushrooms are lightly browned.

Put in bowl to cool.

Make Filling

Boil 3 qts. salted water, then blanch spinach 20 seconds; remove immediately to ice water.

In same boiling water, blanch the Italian parsley for 5 seconds; drain; add to ice water.

When cool, drain; squeeze very dry.

In food processor pulse walnuts just to a fine ground, then add the spinach, bread crumbs, the egg whites, the whole garlic cloves, salt, and fresh ground pepper.

Put this spinach/parsley mixture aside.

Prepare the Meat

Trim beef; pat dry; cut into two large pieces (about 3 inches in diameter).

Season with salt and pepper.

Put 1T vegetable oil in a large, heavy skillet and heat until just smoking.

Brown beef, one piece at a time, on all sides; about 2 minutes total for each piece of beef.

Make egg wash — lightly beat the non-separated egg with a little water.

For each piece of beef

On lightly-floured surface roll out puff pastry sheet 19x15 in. (As meat is sealed in pastry, cut off extra pieces to use for decoration.)

Place on each pastry sheet half of the spinach filling, then one beef piece.

Top with half of the mushroom mixture and spread over half the gorgonzola cheese.

Wrap the opposite corners of pastry over fillet, overlapping them, using egg wash.

Completely seal edges with egg wash. Invert so that seam side is down.

Brush crust with egg wash. Decorate with extra pieces of puff pastry, and use egg wash again over the top.

Make steam vents every 3 inches on top of crust. Chill 1-6 hrs. or freeze.

Thaw completely before baking, however.

Preheat oven to 400 degrees. Bake 45 minutes or until pastry is golden brown and thermometer inserted diagonally 2 inches into beef registers 115 degrees. Let stand on sheet on rack 25 minutes, reaching 125 degrees for medium rare.